

INFIELD ORGANIZATION AND DRILLS

I. IDENTIFY TEAM'S STRENGTHS & WEAKNESSES

- A. Utilize off season (pre-season) to identify potential
- B. Set goals-daily, weekly, monthly
- C. Conditioning-base for execution
- D. Strategy- % of team drillwork vs. % of individual drillwork

II. PREPARATION FOR INFIELD PRACTICE

- A. Make time to organize
- B. 4 w's.-When, where, what, who
- C. Warm-up requirements
- D. Philosophy regarding practice atmosphere

III. OFF SEASON INFIELD PRACTICE

- A. Three times a week combined with lifting two times a week (building)
- B. Minimum number of grounders
- C. 1/2 Defense (ind. and team) 1/2 offense
- D. Emphasis on individual drill work, work into situations

IV. IN SEASON INFIELD PRACTICE

- A. Five times a week combined with lifting two times a week
- B. Preview and review opponents. Dictates practice session
- C. 1/3 Defense 2/3 offense.
- D. Make sure individual position checklist is covered (next page)

V. INFIELD DRILLS

A. PPF's: Pre Practice Fundamentals (general fielding/catching drills)

- 1. Modified Fielding : Small balls, regular balls
 - 2. Box drill: Throwing clockwise and counter clock wise
- 3. Run/Throw/Catch.
- 4. Ground balls: all types

B. Split Infield Drills:

- 1. Cross Fire.
- 2. Corners/Battery/ Middles.
- 3. Split Infield
- 4. Game Throws: receiver on a bucket.
- 5. Competition between infielders